

7-Layer Salad¹⁰

Number of Servings: 10 (124.55 g per serving)

Amount	Measure	Ingredient
1.00	lb	Lettuce, iceberg, fresh, shred
5 1/2	tsp	Onion, yellow, fresh, chpd
9 1/2	Tbs	Peppers, bell, green, sweet, fresh, chpd
9 1/2	Tbs	Celery, fresh, diced
9 1/2	Tbs	Carrots, fresh, grated, USDA
1 1/4	cup	Peas, green, fzn
3.00	oz	Cheese, cheddar, fancy, shredded
7.00	Tbs	Sour Cream, light
1 1/4	tsp	Sugar
13.00	Tbs	Dressing, Miracle Whip

Nutrients per serving

Nutrition Facts	
Serving Size (125g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 270mg	11%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 4g	
Vitamin A 35%	Vitamin C 20%
Calcium 6%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Wash all vegetables and prepare according to recipe. Blend together light sour cream, sugar and miracle whip.

Place 2/3-3/4 shredded lettuce in salad bowls or cups.

Then add 1 Tablespoon each peppers, celery, carrots,

2 Tablespoons peas, and 1 Tablespoon shredded cheese to each salad. Top each salad, using #40 scoop (1 2/3 Tablespoon), with the sour cream, sugar, miracle whip dressing.

Place salads in refrigerator until serving time.

Serve 1 salad/serving

1 serving = 1/2 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.